

**TOBACCO FREE RESOURCES**  
**AVAILABLE IN THE WMHI LIBRARY**  
**revised**

Available for checkout:

1. *Breathe Free; Smoking Cessation Handbook*. ThedaCare at Work.
2. *Making Your Workplace Smokefree*. U.S. Dept. of Health and Human Services, Center for Disease Control and Prevention, Office on Smoking and Health.
3. *Treating Tobacco Use and Dependence In Hospitalized Smokers*. Center for Tobacco Research and Intervention, University of Wisconsin Medical School.
4. *Call it Quits*. Congratulations on taking the first step to quit tobacco by joining Call It Quits! Affinity Health System.
5. *Call it Quits*. One Call Starts It All. Affinity Health System.
6. *Breathe Free; A Resource Guide to Develop and Implement A Smoke Free Workplace*. American Cancer Society & Winnebago County Tobacco-Free Coalition.
7. *Smoke Free Worksites; A Resource Guide to Develop and Implement a Smoke-Free Workplace*. Serving the City of Appleton & the Counties of Calumet and Outagamie, WI. Community Action for Tobacco Free Living.
8. *Breaking Free From Stress; How To Find Peace When Life's Pressures Overwhelm You*. Linda Mintle, Ph.D. Thrivent Financial for Lutherans, 2002.
9. *Quiet Days*. Music CD. Real Music. Thrivent Financial for Lutherans.
10. *Treating Tobacco Use and Dependence: Practical Strategies to Help Your Patient Quit; Training Manual*. DVD, video, and print training material.
11. *Women and Tobacco: Seven Deadly Myths*. An Educational video featuring Christy Turlington. US Dept of Health and Human Services; CDC.
12. *A meditation to Help You Stop Smoking*. Naparstek, Belleruth, 1997, Healthjourneys.

Handouts available for reproducing:

1. *Future costs of Smoking Chart (Based on \$4.00/Pack)*. ThedaCare at Work.

2. *Benefits of Quitting.* ThedaCare at Work.
3. *Some of the “Refreshing” Chemicals Found in Cigarette Smoke.* ThedaCare at Work.
4. *Nicotine Patch.* ThedaCare at Work.
5. *Nicotine Gum.* ThedaCare at Work.
6. *Quick Reference Guide For Clinicians; Treating Tobacco Use And Dependence.* U.S. Department of Health and Human Services, Public Health Service.
7. *You Can Quit Smoking—Tips for the First Week.* Center for Tobacco Research and Prevention.
8. *You Can Quit Smoking—A 5-Day Plan To Get Ready.* Center for Tobacco Research and Prevention.
9. *How Can I Avoid Weight Gain When I Stop Smoking?* American Heart Association.
10. *Don’t Smoke.* American Heart Association.
11. *Secure Your Well-Being through Physical Activity.* Amer. Cancer Soc.
12. *Can I Quit Smoking.* Am Heart Assoc.
13. *You Can Quit Smoking.* Nat’l Cancer Institute.
14. *Helpful Website Addresses*
15. *You Can Quit Smoking; A personalized Quit Plan.* US Dept. of Health & Human Services.
16. *You Can Quit Smoking; support and Advice From Your Prenatal Care Provider.* US Dept. of Health & Human Services.
17. *Usted Puede Dejar de Fumar; Un Plan de Personalizado Para Vencer el Tabaco.* Spanish edition of #15.
18. *Usted Puede Dejar de Fumar; Recomendaciones y Apoyo de su Medico de Cuidados Prenatales.* Spanish edition of #16.

Posters available for distribution:

1. *Within 20 Minutes of Quitting.*
2. *The benefits of Quitting.*
3. *You Can Quit Smoking.*
4. *Usted Puede Dejar de Fumar* Spanish version of #3.
5. *Countdown to Quitting; 4 Week Stop Smoking Calendar*
6. *I Won’t Quit Today Because. . .*

Booklets available for Distribution:

1. *The Health consequences of smoking; what it means to you.* The 2004 Surgeon General's Report/CDC.
2. Video and Manual –8 copies for distribution and 1 cataloged for checkout. Video: *Women and Tobacco, Seven Deadly Myths; an Educational Video Featuring Christy Turlington.* CDC.  
Manual: *Dispelling the Myths About Tobacco.* CDC
3. *Good Information for Smokers.* US Dept of Health and Human Services. 2003.
4. *You Can Quit Smoking.* US Dept of Health and Human Services.  
(small reminder cards)
5. *Quitting Helps You Heal Faster.* Flip Side: *Dejar de Fumar le Ayuda a Sanar Mas Rapido.* US Dep. of Health and Human Services, 2003.
6. *Treating Tobacco Use and Dependence; Quick Reference Guide for Clinicians.* US Dept of Health and Human Services, 2000.
7. *Usted Puede Dejar de Fumar; Guia Del Consumidor.* US Dept. of Health and Human Services, 2000.
8. *You can Quit Smoking; Follow this 5-Day countdown to Your Quit Date.* US Dept of Health and Human Services, 2003.
9. *Wisconsin Tobacco Quit Line.* Bookmarks and Calling cards and pamphlets.